



FACT SHEET FOR CYSTIC FIBROSIS (CF)

What is Cystic Fibrosis (CF)?

Cystic fibrosis is an inherited genetic disorder. A person inherits the disease from their parents. CF is not contagious and affects each person differently. CF affects about 30,000 Americans. Children who have cystic fibrosis are born with the disorder, but often do not show visible signs of disease for weeks, months or even years.

CF causes the body to produce an abnormally thick, sticky mucus that can clog the lungs, pancreas and other organs. This can lead to **lung and digestive problems, which are treatable. A baby with CF will need regular medical care and a good diet.**

Due to new research and treatment, the quality and length of life has greatly improved for people with CF. As a result, children with CF should not be limited in their future goals and plans; they should be encouraged to pursue their academic, career and life goals to the fullest.

What are the symptoms of CF?

People with CF have a variety of symptoms, which may include some or all of the following:

- Persistent coughing
- Wheezing or shortness of breath
- Recurrent respiratory infections
- Upset stomach
- Excessive appetite, but poor weight gain

If my baby needs to be seen by a Cystic Fibrosis specialist, where would I find a specialist?

Ask your baby's doctor to help you make an appointment. The Nebraska Cystic Fibrosis Care Center is located in Omaha, Nebraska or the Colorado Cystic Fibrosis Care Center may be more convenient. These centers are certified by the Cystic Fibrosis Foundation to provide a full range of diagnostic, clinical and follow-up services.

• Cystic Fibrosis Accredited Centers:

- University of Nebraska Medical Center
42nd and Dewey, Omaha, NE 68198
Phone: (402) 559-6275
- The Children's Hospital
1056 East 19th Ave, Denver, CO 80218
Phone: (303) 861-6182

Where could I go for additional support?

You may wish to contact the Nebraska Chapter of the Cystic Fibrosis Foundation. Also you may want to visit the Cystic Fibrosis Foundation's web site at www.cff.org.

• Nebraska Chapter of the Cystic Fibrosis Foundation:

2679 Farnam Street Suite 205
Omaha, NE 68131
Phone: (402) 330-6164

